

ALERT:

Due to this year's unusually frequent winter rains, ticks are abundant and so strategies to prevent Lyme and other tick-borne diseases are more important than ever.

More information on Lyme Disease:

<https://www.cdc.gov/lyme/>

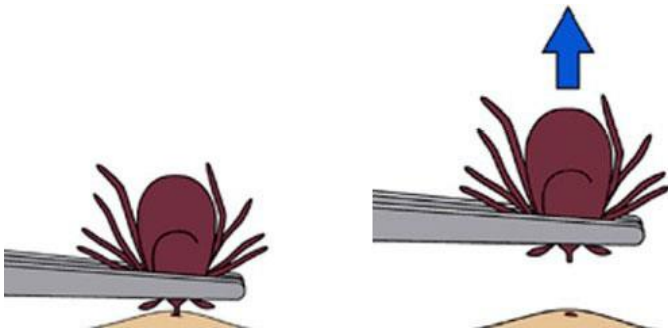
How to prevent tick bites?

- Stay in the middle of the trail
- Wear long sleeved shirts and pants- tuck pants into socks
- Thoroughly check yourself and others for ticks during and up to three days after activities in tick-infested areas.
- Shower soon after returning from tick habitat.
- Before washing, place clothing worn while in tick habitat in a hot dryer for 10 minutes to kill ticks crawling on clothing.
- Keep grass along trails, buildings, and camping areas mown.

<http://www.cdph.ca.gov/HealthInfo/discond/Documents/KeepTicksOffYou.pdf>

Note: Prompt tick removal can prevent disease transmission. (It can take 24-48 hours for an attached tick to transmit a bacteria to a host animal or human).

- Using tweezers, grasp the tick's mouthparts as close to the skin as possible.
- Gently pull the tick straight out, using a firm steady motion.
- Wash your hands and the bite site with soap and water. Apply an antiseptic to the bite site.
- See your Healthcare Provider if you develop any symptoms, especially a rash, within 30 days of the tick bite.



Should I take the tick in for testing? The California Department of Health and Center for Communicable Diseases say that there is no good reason to do so. The county lab on Chanate Avenue charges \$31 for a Lyme test of a tick and does them weekly on Thursdays.

<http://www.sonoma-county.org/health/services/tick-test.asp>

<https://www.cdph.ca.gov/HealthInfo/discond/Documents/LymeDiseaseFactSheet.pdf>

<https://www.cdph.ca.gov/HealthInfo/discond/Documents/TestingTicksforBorreliaburgdorferi.pdf>

www.youtube.com/watch?v=wSOAaZ3m--s

<http://www.mayoclinic.org/diseases-conditions/lyme-disease/basics/definition/con-20019701>